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Dairy Products for Health and Economy

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COOPERATIVE EXTENSION SERVICE IN AGRICULTURE AND HOME ECONOMICS
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AS wartime activities reach a height never before known in this country, it is essential that the civilian population as well as the armed forces maintain good health. One way to help obtain this good health is by eating the right foods in recommended amounts. The importance of milk and milk products in the diet is worthy of special consideration and emphasis. Rich in the essentials of an adequate diet—energy, protein, minerals, and vitamins—dairy products deserve particular attention at this time when the health of every person should be at the highest possible level. Dairy products are among the most inexpensive foods when their excellent nutritive qualities are considered.

Dairy Products for Health and Economy

By

MARION M. HEPWORTH and D. R. THEOPHILUS*

"The people who have achieved, who have become large, strong, vigorous people, who have reduced their infant mortality, who have the best trades in the world, who have an appreciation of art, literature, and music, and who are progressive in science and in every activity of the human intellect, are the people who have used milk and its products liberally."

Dr. E. V. McCollum, Johns Hopkins University.

MILK and milk products are indispensable to the growing child and to the health of the adult. For the growing child they are excellent foods, and for the adult they are the basis of a well-balanced diet.

Milk and milk products contain those materials—protein, milk fat, milk sugar, minerals, and vitamins—which are absolutely essential to normal growth in the young from infancy to maturity. Parents who wish to protect their children and persons who wish to maintain the best of health will make certain that milk and milk products are used liberally in the daily diet.

Nutritionists advocate a quart of milk a day for every growing child and nursing mother, and at least a pint daily for every adult.

Composition of Milk

Milk contains on the average 87.0 per cent water, 4.0 per cent milk fat, 3.3 per cent protein, 5.0 per cent milk sugar, and 0.7 per cent minerals. In addition to these, whole milk is an extremely valuable source of most of the essential vitamins.

Milk Fat

The fat of milk is an essential source of energy for the body and the most rapidly absorbed of any of our common fats. Milk fat also contains a growth factor which shows its greatest effect in young animals.

Protein

Proteins are necessary for building and repairing body tissues, and the high quality proteins contained in milk are the most completely digested and absorbed of all food proteins.

Milk Sugar

Milk contains an exceptional sugar, lactose, which has nutritive properties not possessed by other sugars. The presence of lactose—milk sugar—in the intestinal tract reduces the formation of toxic

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decomposition products due to protein putrefaction. Lactose also favors calcium assimilation.

Minerals

Milk is one of the richest and most readily available sources of calcium which is needed for the proper growth of good teeth and bones. A quart of milk contains sufficient calcium to meet the daily needs of the growing child or nursing mother. A quart of milk does not supply quite all the phosporus needed, but phosphorus is found in abundance in many common foods, which is not true of calcium.

Vitamins

Milk is considered the chief "protective food" because of its calcium and vitamin content. Milk contains vitamins A, B_1 (thiamin), B_2 (riboflavin), C (ascorbic acid), niacin, and limited amounts of vitamin D.

Vitamin A.—Milk is an excellent source of vitamin A, which is essential for growth and increases the body's resistance to infections, particularly respiratory disorders such as colds.

Vitamin B_1 (thiamin).—A lack of thiamin causes a marked loss of appetite, a decrease in the secretion of the digestive juices, impaired functioning of the nervous system, and a lack of activity in the stomach and intestines. Milk is a good source of thiamin,—a quart supplying about one-fifth of the daily needs.

Vitamin B_2 (riboflavin).—A deficiency of riboflavin is characterized by a cessation of growth and a general failure of physical well-being. A quart of milk will supply the daily requirements of man.

Vitamin C (ascorbic acid).—Ascorbic acid helps to prevent scurvy and affects the nutrition and structure of the teeth and bones. Raw milk contains appreciable quantities of ascorbic acid; but since it is easily destroyed by heat, in the presence of air, some other source such as orange juice or tomato juice should be included in the diet of children or infants who are drinking pasteurized or boiled milk.

Vitamin D.—Vitamin D increases the absorption of calcium and phosphorus from the food to be used to develop normal teeth and bones. Vitamin D is the only vitamin which usually is deficient in the well-balanced diets of children and adults. This is because very few natural foods contain vitamin D. Milk contains a small amount of this vitamin, but the only really potent sources are the liver oils of many fish such as cod, tuna, halibut, etc. The vitamin D content of milk can be materially increased by either irradiation or by adding fish liver oil concentrates. This product, called vitamin D milk, contains not only the vitamin required for bone formation but also the calcium and phosphorus required for bone structure.

Niacin (nicotinic acid).—Niacin prevents pellagra, a nutritional disease found in some sections of the country. Milk is not a very rich source of niacin but together with meat and vegetables will prevent pellagra.

Reasons For Using Milk

1. Milk is the best food for growth.
2. Milk is the most important source of tooth and bone-building materials.
3. Milk is the chief protective food.
4. Milk is our most economical food.
5. Milk furnishes:
   (1) Energy.
   (2) Valuable protein for building the body and repairing the wear and tear of the body.
   (3) Milk sugar which possesses nutritive properties not possessed by other sugars.
   (4) Minerals for sound teeth and strong bones.
   (5) Large amounts of vitamins A and B_2 (riboflavin).
   (6) Appreciable amounts of vitamins B_1 (thiamin), vitamin C (ascorbic acid), and niacin (nicotinic acid).
   (7) Irradiated or fortified milk and milk from cows fed irradiated yeast is an excellent source of vitamin D.

Milk Recipes

These recipes include the use of milk in various parts of the meal.

Milk Drinks

Apricot Nogg

½ cup sugar
2 cups apricot juice
1 cup cold milk
⅓ cup ice water

Dissolve the sugar in the apricot juice and chill. When ready to serve pour this into the milk and ice water. Shake vigorously or beat and serve immediately.

Raspberry Nogg

1 cup and 2 tbsp. raspberry juice (chilled)
1 tsp. sugar (more if desired)
¾ cup milk (chilled)

Mix fruit juice, water, and sugar and add to milk. Serve ice cold.

Fruit Egg Nogg

2 eggs
Pinch salt
3 tbsp. sugar
¼ cup strawberry or cherry juice
2 cups ice cold milk
½ cup ice cold water

Beat egg yolks until thick and lemon colored and whites until stiff. Add salt, sugar, and berry juice to yolks, combine well and add milk and water. Fold in the egg whites, pour into tall glasses and sprinkle top with nutmeg.

Whey Lemonade

1 quart whey
6 tsp. sugar
Juice of 2 lemons
Slices of lemon, or
Nutmeg or cinnamon

Mix, chill, and serve.

Honey Egg Nogg

1 pint cold milk
1 egg
6 tbsp. honey
2 tbsp. lemon or orange juice

Shake together until blended, serve very cold.

Orange Nogg

1 cup cold milk
¼ cup ice water
½ cup sugar
2 cups cold orange juice

Shake together. Serve cold.

Chocolate Milk Shake

1 pint cold milk
1 cup ice water
4 tbsp. chocolate or cocoa syrup

Shake well and serve very cold.

Cocoa Syrup

Mix ½ cup cocoa, add ½ cup cold water to smooth paste. Add another ½ cup water and cook to smooth thickened paste. Add ¼ tsp. salt, 2 cups sugar, cook for 5 minutes stirring constantly. Cool and add 2 tsp. vanilla. Pour into jar, seal and use as needed. This should make a pint and may be kept ready for use.

Strawberry Freeze

2 cups crushed strawberries
½ cup sugar
2 cups chilled whole milk
¼ cup ice water
4 tbsp. lemon juice
Chipped ice

Wash, stem, and crush sound, ripe strawberries, add sugar, chill. When ready to serve combine berries and sugar with milk and ice water. Add cold lemon juice, add chipped ice and serve at once.

Pineapple Freeze

2 cups chilled whole milk
¼ cup ice water
1 cup cold pineapple juice
3 tbsp. lemon juice
1 tbsp. sugar
Chipped ice

Combine fruit juices, sugar, and ice. Add to chilled milk. Shake or beat with egg beater. Serve.

Milk Soups and Vegetables Cooked in Milk

Vegetable Soup

1 quart milk
⅓ cup carrots
⅓ cup turnips
½ cup celery
1½ cups potatoes
½ cup onion
5 tbsp. butter
Salt and pepper

Prepare the vegetables, cut in small pieces, put all together except potato and cook 10 minutes in 4 tbsp. of butter. Stir all the time. Add a little water and the potatoes and cook until tender. Add milk and remaining butter. Heat. If desired this soup can be thickened by adding 2 tbsp. of flour.

Potato Soup

1 quart milk
3 potatoes
2 slices of onion
3 tbsp. butter
2 tbsp. flour
1½ tsp. salt
¼ tsp. celery salt
⅛ tsp. pepper

Cook potatoes in boiling salted water. When soft, rub them through sieve. Scald milk with onion. Add slowly to potato. Melt butter, add salt and pepper, and flour. Make a smooth paste by adding a little milk. Put all together. Cook 10 to 20 minutes.

Scalloped Potatoes and Carrots

3 carrots
6 potatoes
1 tsp. salt
⅛ tsp. pepper
1½ cups milk
2 tbsp. flour
2 tbsp. butter

Pare carrots and cut them in thin slices. Cook in small amount of water until tender. Pare potatoes and cut in thin slices. Cook in small amount of water until nearly tender. Arrange potatoes and carrots in alternate layers. Sprinkle each layer with salt and pepper. Add some of the flour and butter to each layer. Add hot milk to cover. Bake slowly in covered dish about ½ hour. Uncover and let brown.

Scalloped Corn and Celery

2 cups corn
1 cup celery leaves chopped fine
1 cup toasted bread crumbs
1 tsp. salt
1 tbsp. chopped green pepper
2 tbsp. fat
½ cup hot milk

Arrange corn, pepper, celery and crumbs in alternate layers in a baking dish. Add fat to hot milk and pour over vegetables. Cover with toasted crumbs and bake 20 minutes.

Vegetable Chowder

4 potatoes
3 medium sized carrots
3 small onions
2 cups tomatoes (canned)
2 tbsp. butter
3 tbsp. flour
2 cups milk
2 tsp. salt

Cut potatoes and carrots into small cubes and cook carefully, in small amount of boiling water, for 20 minutes. Chop the onion finely and cook with the butter about 5 minutes. Mix the flour to a smooth paste with a little cold milk. Add the onions and tomatoes to the cooked vegetables. Heat and stir into this the heated milk and seasonings. Stir in the flour and cook a few minutes longer. Serve hot.

Milk Desserts

Cocoanut Custard

3 eggs
4 tbsp. sugar
⅛ tsp. salt
2 cups milk
½ cup shredded cocoanut
Few grains nutmeg

Beat eggs slightly; add sugar, salt, cocoanut and nutmeg, add hot milk gradually. Pour into the baking dish or individual custard cups. Set in pan of hot water on folds of paper and bake in a slow oven until custard is firm. Test with knife blade. Remove from pan containing hot water and set in cold water to cool quickly.

Apple Custard

2 cups sweet milk
2 cups apple sauce
2 eggs
½ cup sugar

Beat the yolks, add milk, sugar and apple sauce. Fold in the beaten whites of egg, grate a little nutmeg over the top and bake in a slow oven.

Bread and Cheese Custard

4 slices of bread (buttered)
½ cup grated cheese
2 cups scalded milk
2 eggs
1 tsp. salt
⅛ tsp. pepper
1 tbsp. chopped green pepper

Put buttered slices of bread in a buttered baking dish. Sprinkle with grated cheese. Beat eggs slightly, add salt, pepper and scalded milk. Pour this mixture over bread and bake, setting dish in a pan of hot water until custard is done.

Caramel Bread Pudding

4 cups milk
½ cup sugar
2 cups stale bread crumbs
2 eggs
⅔ cup sugar
½ tsp. salt
1 tsp. vanilla

Caramelize ½ cup sugar and add to the milk which has been scalded in a double boiler. When caramel has dissolved, add bread crumbs and let soak 30 minutes. Beat the eggs slightly, add ⅔ cup of sugar, salt and vanilla. Add to the first mixture, turn into a buttered pudding dish and bake in a moderate oven 1 hour. Serve with cream sweetened and flavored with vanilla.

Prune Cream Whip

1 pkg. lemon jello
1 cup boiling water
2 tbsp. sugar
½ cup whipped cream
1½ cups cooked prune pulp run through colander
½ cup nut meats chopped

Dissolve the jello in boiling water. Cool. When starting to set beat with dover egg beater until consistency of whipped cream. Whip the cream and fold into the sugar and prune pulp. Fold this mixture into the jello and add nuts. Put in chilled mold and set. Serve with thin cream or with custard sauce.

Milk Sherbet

¼ cup lemon juice
2 cups sugar
1 quart milk
1 egg white
1 cup grated pineapple

Mix sugar, lemon juice, stir constantly while adding milk. Add the stiffly beaten egg white, pour into freezer. When partly frozen, add pineapple, continue freezing. Crushed strawberries, chopped fresh or canned peaches or canned apricots may be used instead of pineapple. Fresh peaches should be sweetened.

Buttermilk

Buttermilk has approximately the same food value as milk with the milk fat removed. Its slightly sour or acid flavor is very pleasing and has a cooling and invigorating effect. Buttermilk is easily digested and frequently is prescribed by doctors for certain digestive or intestinal disorders. It is used extensively in hospitals for convalescents and by many people in hot weather as a supplement to a light lunch or a thirst quencher.

There are three kinds of buttermilk: lactic acid, or ordinary buttermilk; Bulgarian buttermilk; and acidophilus. The last two kinds are not common except in larger cities and usually are used only in the case of certain intestinal or digestive disorders. Ordinary buttermilk, commonly called lactic acid or cultured buttermilk, usually is available in all small towns and if it cannot be purchased may easily be made at home. Buttermilk has a variety of uses besides that as a beverage.

Reasons for Using Buttermilk

Buttermilk is:

(1) Very agreeable to the digestive organs.
(2) Highly digestible.
(3) A valuable source of protein and minerals.
(4) Cooling and invigorating.
(5) A cure for certain intestinal or digestive disorders.

Buttermilk Recipes

Buttermilk Punch

2 cups buttermilk
Juice of 1 lemon
Juice of 1 orange
Sugar to taste

Mix together, strain, chill, and serve cold.

Buttermilk Ice Cream

1 cup whole milk
1 egg
1 cup cream (more if richer ice cream is desired)
2 cups buttermilk
½ to ¾ cup sugar
1 to 1½ cups canned shredded pineapple

Make a custard of the egg, milk and a part of the sugar. The rest of the sugar may be dissolved in the buttermilk or the pineapple. Mix together all except the pineapple and freeze to a soft mush, then add the pineapple and complete the freezing. Other flavoring may be used, but the pineapple is especially pleasing.

Buttermilk Dressing for Salads

½ pint thick buttermilk
¼ pint mayonnaise dressing
Juice of ½ small onion
½ tsp. lemon juice
¾ tsp. salt
¼ tsp. mustard
⅛ tsp. paprika
⅛ tsp. white pepper

Fold all the ingredients into the unbeaten buttermilk. This dressing is delicious with a Waldorf salad or with fresh cabbage, apples, lettuce, and finely cut, fresh uncooked spinach.

It is also a refreshing dressing for a salad made of green peppers, tomatoes, chopped celery, parsley and diced cucumbers. It can be used on many other vegetable salads as well.

Gingerbread (Buttermilk)

2 eggs (beaten in mixing bowl)
⅔ cup sugar
⅔ cup butter
1 cup molasses
1 cup buttermilk
1 tsp. soda
1 tsp. cinnamon
½ tsp. ginger
1 tsp. salt

Use flour enough to make a very stiff dough. The advantage of this recipe is that it takes a few dishes to mix it—only one mixing bowl and one measuring cup if managed correctly.

Butter

Butter is a concentrated source of vitamin A, which promotes growth, helps to build up resistance to respiratory diseases such as colds and prevents certain types of skin disorders and eye conditions such as night blindness and xerophthalmia. Vitamin D, which aids in protecting the growing child against rickets and helps to build sound teeth and bones, also is found in butter.

Nature has endowed butter with a distinctive flavor all its own which makes other foods taste better. Famous chefs when asked the reason for the exceedingly delicate flavor of the food they serve say, "We always cook with butter."

Butter is an economical food, for when you use butter you get more for your money than for any other food fat; you get a satisfying and easily digested food fat that furnishes energy, a delicate flavor which cannot be duplicated, and liberal amounts of two essential vitamins.

Reasons for Using Butter

Because butter:

(1) Contains a large amount of vitamin A and an appreciable amount of vitamin D, vitamins indispensable to growth and health.
(2) Has a flavor all its own which makes any food taste better.
(3) Is an excellent source of energy for the body.
(4) Is easily digested.
(5) Is economical to use.
(6) Has no substitute.
(7) Contains the "butterfat growth factor" which shows its greatest effect in young animals.

Butter Recipes

Hard Sauce

½ cup butter
1 cup powdered sugar
Vanilla

A short-cut method—Heat sugar in oven until hot but not colored. Cut butter in cubes, add ½ cup of sugar and beat until smooth. Add rest of the sugar and flavoring.

Butter Cream Icing

½ cup butter
2 cups powdered sugar
Few grains salt
1 egg yolk
½ tsp. vanilla

Cream butter and sugar, add egg yolk, salt and vanilla. If necessary add enough cream to make proper consistency to spread.

Orange Butter Icing

Cream together 4 tablespoons of butter, 1¼ cups powdered sugar and 3 tablespoons orange juice.

Cream Sauce for Puddings

¼ cup butter
1 cup powdered sugar
¼ cup heavy cream
¼ tsp. vanilla

Cream butter. Add sugar gradually, the cream and flavoring.

Foamy Sauce

½ cup butter
2 cups powdered sugar
1 egg
1 tsp. vanilla
¼ tsp. salt

Cream butter. Add sugar gradually, then beaten egg, and vanilla and salt. Beat over hot water. Cool and when ready to serve, 1 cup whipped cream may be added.

Lemon Butter Balls

Shape butter into small round balls. Allow to stand in lemon juice or roll in finely chopped parsley. Suitable for fish garnish.

Cheese

Cheese contains most of the protein, milk fat, minerals, and vitamins found in the milk from which it is made. It is a concentrated protein food, more economical than other protein foods and lends itself readily to a variety of uses. The increased use of cheese in the diet of the average American family not only lowers the cost of the dietary, but also adds to the health value of the meal by providing valuable milk fat, protein, minerals, and vitamins A, B_1, B_2, and niacin. One ounce of hard cheese furnishes one-third of an adult's daily need for calcium. Cheese is a valuable substantial food wholly suitable for the main dish in a meal.

Some people think that cheese is hard to digest. This is not true. Elaborate tests conducted by the United States Department of Agriculture showed that cheese is adequately and almost completely digested.

Reasons for Using Cheese

Cheese is:

(1) A concentrated source of energy.
(2) A protective food because of its vitamin content.
(3) An excellent source of minerals for building bones and teeth.

(4) An economical source of the highest quality protein for muscle building.
(5) Palatable and highly digestible.
(6) Capable of a great variety of uses.

Cheese Recipes

Layered Cheese and Apple Salad

1 pkg. lemon jello
1 pt. boiling water
1 tsp. sugar
1 pkg. (3 oz.) cream cheese
2 tbsp. lemon juice
1 tsp. salt
1 red apple cut in ¼ inch dice
½ cup walnut meats broken

Dissolve jello in boiling water. Add 1 tbsp. lemon juice and salt. Combine apples, sugar, dash of salt and remaining 1 tbsp. lemon juice. Chill, when slightly thickened fold apples into ½ of jello mixture. Turn into mold. Chill until firm. Beat remaining jello with rotary egg beater until consistency of whipped cream. Fold in cheese and nuts. Pour over firm first layer. Chill until firm. Serve in squares on crisp lettuce. Garnish with mayonnaise.

Cream Cheese and Vegetable Salad

1 cup tomato soup
3 cakes cream cheese
2 tbsp. gelatin
¼ cup cold water
1 cup mayonnaise
1½ cups chopped olives, pimentoes, celery, onion and green pepper

Bring the tomato soup to a boil, add the cheese, and stir until smooth. Add the gelatine, softened in cold water. When partly cooled, add the mayonnaise and vegetables. Mix well with a fork, and pour into small oiled molds or into a ring or other larger mold.

Tomato and Cheese Salad

Peel carefully fresh tomatoes. Cut into sections nearly to stem end. Arrange in crisp lettuce leaves. Pipe with pastry-tube softened cheese between tomato petals, with piping of cheese in center of salad. Sprinkle with dash of paprika.

Tomato and Cabbage Salad

With Cheese Dressing

Slice tomatoes and chill. Place on lettuce leaf. Top with shredded chopped cabbage, seasoned with salt and pepper. Add cheese dressing. Serve cold. Garnish with halves of sliced tomatoes.

Cheese Dressing

4 tbsp. cheese
1 egg
¼ cup cold water
1 tsp. vinegar
¼ tsp. mustard
½ tsp. salt
1 tsp. sugar

Beat egg until light. Add salt, sugar, mustard and vinegar, cook over boiling water until thick. Add the cheese and beat until light and smooth.

Cheese and Prune Salad

¼ cup cheese
½ cup chopped nuts
Prunes
1 cup mayonnaise
1 tsp. lemon juice

Cream the cheese with mayonnaise. When well mixed, add nuts. Shape into balls and stuff prunes which have been previously cooked and stoned. Lemon juice is added to water prunes are cooked in. Serve on lettuce leaves with mayonnaise dressing.

Lima Bean and Cheese Roast

2 cups cooked lima beans
1 pimento
⅔ cup cheese
Salt and pepper
Bread crumbs

Put cheese, beans and pimento through a meat grinder. Add bread crumbs until stiff enough to make a roll. Brown in oven. Baste occasionally with melted butter and water.

SANDWICH SUGGESTIONS

Cheese and Olive Sandwich

Butter thin slices of whole wheat bread, add lettuce leaf. Cream American cheese, add chopped stuffed olives and spread on bread. Cut diagonally.

American Cheese Sandwich

Cream sufficient American cheese with small amount of butter. Add chopped celery, chopped sweet pickles, which have been mixed with mayonnaise. Spread over the bread.

Brazilian Sandwich

1 small cream cheese (3 oz.)
2 tbsp. milk
2 tbsp. chopped nuts
3 tbsp. strawberry or pineapple preserves

Mash cheese, add milk and blend. Add nuts and preserves well drained of syrup. Spread thin slices of white or graham bread with mayonnaise, cover half the slices with the mixture and the remaining half with lettuce leaves.

Cheese and Jelly Sandwich

Butter slices of bread and spread with a layer of cream cheese, add a layer of jelly. Place another slice of buttered bread on top and cut diagonally across.

CHEESE DESSERTS

Spiced Cheese Pudding

2 slices stale bread
2 eggs
½ tsp. salt
1 cup milk
1 cup cottage cheese
¼ tsp. soda
½ cup sugar
¾ cup seeded raisins
¼ tsp. allspice
¼ tsp. mace
¼ tsp. cloves

Soak bread in milk. Mix ingredients. Fold in stiffly beaten whites last. Bake like a custard in moderate oven. Serve with custard sauce or hard sauce.

Gingerbread (Sour Milk)

½ cup sugar
4 tbsp. butter
1 egg
½ cup sour milk
½ cup molasses
1¾ cups enriched flour
¼ tsp. salt
1 tsp. ginger
1 tsp. cinnamon
½ tsp. allspice
½ tsp. cloves
½ tsp. nutmeg
1 tsp. soda
1½ tsp. baking powder

Cream sugar and butter; add beaten egg, then add sour milk and molasses alternately with dry ingredients sifted together. Pour into greased and floured shallow pan and bake 30 to 45 minutes in a moderate oven, 375 degrees.

When cool, trim the edges of the gingerbread, split into two layers and put together with a generous filling of cream cheese softened with a small amount of milk. Spread the softened cheese over the top in the same manner as soft icing or whipped cream, and serve at once.

The gingerbread may also be baked in individual cup cakes, and split, filled and topped with cream cheese.

Baked Apple With Cheese

Wash and core desired number of good cooking apples. Fill cavities with sugar. Bake. When done remove from pan and cool. Fill centers with American cheese softened with cream. Serve with plain or whipped cream.

Frozen Cheese with Apricots

Mash ⅔ cup of cheese. Whip ½ cup of cream. Add the cheese, beat until smooth. Sweeten to taste. Add 1 tsp. lemon flavoring and ½ cup chopped canned apricots that have been canned in medium syrup. Put containers in refrigerator and let stand until firm or pack in tightly covered mold and bury in salt and ice for four hours. Slice and serve with halves of apricots for garnish.

Garnishes

These garnishes are suitable for salads and pastry.

Cheese Apples

Mold into shape small cheese balls. Shape as a small apple, stem and blossom end. In the stem end, put the stem end of clove and the blossom end the blossom end of the clove showing. Color one side with vegetable coloring.

Cheese Carrots

Shape like small carrots, cheese that has been softened. Put a small sprig of parsley in the top or larger part of the carrot

Celery Heart Stuffed With Cheese

Stuff small celery hearts with cheese that has been softened and moistened. Dash of paprika.

Cheese and Parsley Balls

Season the cheese and mold into balls, chill, and roll in finely chopped parsley. Serve as garnish or on lettuce leaves with French or mayonnaise dressing.

Cottage Cheese

Cottage cheese is made from skim milk and is a highly palatable and nutritious product. It is an excellent source of protein and a good source of calcium. When cream is added its food value is little different from other cheese. Served either alone or in combination with other foods, cottage cheese is a food which may form an important part of the diet. Its cheapness, palatability, food value, and adaptability to a variety of uses makes it an extremely valuable food. No sour milk or skim milk should go to waste, as it may easily be made into cottage cheese.

Reasons for Using Cottage Cheese

Cottage cheese is:

(1) Easily digested and very palatable.
(2) An excellent source of protein.
(3) A good source of calcium.
(4) Economical to use.
(5) Used in a great variety of ways.

Cottage Cheese Recipes

Cottage Cheese and Pineapple Salad

Prepare cottage cheese by seasoning and making into balls. Roll in chopped nuts and serve around a mound of cottage cheese and chopped pineapple, which has been placed on a lettuce leaf. Add a small amount of salad dressing to the cottage cheese, add a dash of paprika to the salad dressing.

Cottage Cheese, Apple and Vegetable Salad

⅓ cup chopped cabbage
1 cup chopped, unpared red apples
½ cup chopped celery
¼ cup chopped green pepper

Mix with cottage cheese salad dressing, serve on lettuce leaf.

Pear and Cottage Cheese Salad

Prepare crisp lettuce leaves and place in center of leaves a mound of cottage cheese. Place half of a canned pear in center of cottage cheese. Fill with cottage cheese salad dressing, and garnish with small cubes of currant jelly.

Tomatoes Stuffed with Cottage Cheese Salad

Peel carefully fresh tomatoes. Chill. Place tomato on crisp lettuce leaf. Fill carefully with cottage cheese, making mound in center of tomato. Sprinkle with dash of paprika and garnish edge of tomato with small pieces of parsley between edge of tomato and cottage cheese. A neat appearance can best be obtained by filling tomato and garnishing before placing on lettuce leaf.

Molded Cottage Cheese Salad

1 pkg. lemon jello
1 cup boiling water
1 cup canned pineapple juice (add water if not enough to make cup)
1 cup crushed pineapple
1 cup cottage cheese
½ cup chopped green pepper
¼ tsp. salt
Paprika

Dissolve jello in boiling water. Add pineapple juice. Chill. Combine cottage cheese, green pepper, pineapple and seasoning. When jello is slightly thickened, fold in cottage cheese, green pepper and pineapple mixture. Garnish mold with green stuffed olives cut in slices. Pour in salad mixture and let stand until firm.

Sour Cream Dressing

1 cup sour cream
Lemon or pineapple juice

Beat cream, add lemon or pineapple juice.

Cottage Cheese Salad Dressing

½ cup cooked salad dressing
¼ cup cottage cheese
⅛ tsp. soda
2 egg whites
½ cup sour cream

Add cheese, to which soda has been added, to stiffly beaten whites. Fold this mixture into the hot dressing. Add whipped cream. Serve on either vegetable or fruit salad.

Cottage Cheese and Nut Loaf

2 cups cottage cheese
1 cup chopped nuts
1 cup cold leftover cereal (any kind)
1 cup dry bread crumbs
2 tbsp. chopped onion, or
½ tsp. onion juice
1 tbsp. fat
Salt and pepper
½ tsp. or more of soda to neutralize acid
Sage, poultry seasoning or mixed herbs
Worcestershire sauce or kitchen bouquet, if desired

Mix all ingredients together thoroughly, form into a loaf, and bake in a buttered pan in a hot oven for 20 to 25 minutes, or till top and sides are well browned. Turn out on a hot platter. Serve with a brown or tomato sauce if desired. This loaf is particularly good made with peanuts. If preferred, substitute for the cup of chopped nuts, 2 tbsp. of peanut butter and ½ cup of coarsely chopped nuts, and season with ½ tsp. of ground sage or with 1 tsp. of mixed poultry seasoning. Where walnuts are used, pimentoes make a good garnish.

COTTAGE CHEESE SANDWICHES

Open Face Cottage Cheese

Butter whole wheat bread and spread with soft and seasoned cottage cheese. Cut across diagonally and garnish each half with a slice of ripe tomato.

Cottage Cheese Club Sandwiches

Cottage cheese, tomatoes or any fresh vegetable, lettuce or water cress, bacon or chicken.
Cottage cheese, horseradish, salad dressing.
Cottage cheese, celery, salad dressing.
Cottage cheese, strawberry preserves or any fruit jam.
Cottage cheese, shredded pineapple, chopped nuts.

Ice Cream

Ice cream is a food and should have an established place in the daily diet. It is not a luxury, nor can it be considered as a mere confection or something to have as a special treat, for it contains in abundance those food materials so necessary in the human diet. Ice cream contains milk fat, protein, sugar, minerals, vitamins, and frequently an added protein in the form of a small amount of gelatin.

More ice cream should be consumed for it is appetizing, palatable, wholesome, and nutritious for children and adults alike, is easily made or procured, and may be served in a variety of attractive ways. It is especially valuable and suited to invalids who are denied other types of food.

Reasons for Using Ice Cream

Because ice cream:

(1) Is easily digested.
(2) Is highly nutritious.
(3) Is very palatable and may be served in a great variety of ways.
(4) Contains the food essentials found in milk.
(5) Is a protective food.

Ice Cream and Frozen Desserts

Prune Ice Cream

1 cup prune pulp
Juice of 1 lemon
⅛ tsp. salt
1 cup cream
1 cup sugar
Juice of 1 orange
½ cup milk

Rub cooked prunes through a sieve to obtain the pulp. Add the remaining ingredients, the cream whipped, last of all. Mix thoroughly and freeze.

American Ice Cream

1 egg or 2 egg yolks (slightly beaten)
½ cup sugar
Pinch of salt
1 cup milk, scalded
2 cups thin cream
1½ tsp. vanilla

Make a soft custard of the egg, sugar, salt, and milk. Cool. Add the cream and vanilla. Freeze. If desired, substitute 1 tsp. flour for half of the egg.

Strawberry Ice Cream

2 cups thin cream, or
1 cup thin cream and 1 cup milk
1 cup sugar
2 cups crushed strawberries

Add the sugar to the berries, let stand for 15 or 20 minutes. Strain if desired, add the cream, and freeze.

Apricot Ice Cream

Substitute, in the above recipe, fresh, canned, dried, or preserved apricot pulp for strawberries. Sweeten as needed.

Apricot Cream Sherbet

Measure 2 cups of canned apricots which have been mashed through a potato ricer. Cover with ¾ cup sugar and let stand 3 hours to ripen. Fold in 1 cup cream whipped stiff and freeze.

Peach Cream Sherbet

Measure 2 cupfuls of mashed, fresh peaches and cover with 1 cupful of sugar. Let stand for 3 hours to ripen, fold in 1 cupful of cream whipped stiff, and freeze. Garnish, when serving, with chopped maraschino cherries. In case you desire to use canned peaches, the amount of sugar should be reduced to ¾ cupful.

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